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optimistic, Pranayama to be calm, clear-headed and energised. This year's AGM was held in Wellington. My thanks go out to Tessa Meek for hosting this meeting at her school and making us comfortable and welcome. We had a vibrant meeting, full of ideas and enthusiasm for the year ahead.

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Iyengar Yoga focuses on precision, alignment and stability in each Asana.

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It's meant to do for pranayama practice what "Light on Yoga" did for asana (postural) practice. That is, it presents all the classic techniques, offers variants to meet individual needs, and provides the

background necessary to put pranayama into the context of a balanced yoga practice.

Light on Prāṇāyāma: The Yogic Art of Breathing by B.K.S

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